

# FOURTEENTH ANNUAL 2004 SEATTLE SPRINTS 1,500 METER COURSE

SATURDAY, APRIL 17<sup>TH</sup>, 2004

Mt. Baker Rowing & Sailing Center

Lake Washington, Seattle, WA

*\*Hosted by Mount Baker Boating Advisory Council, Seattle Parks and Recreation, USRowing Judge-Referees, Mt Baker Junior and Adult Crew, Conibear Rowing Club and Mt. Baker's many Volunteers.*

**NEW – UPDATED – CHANGES:** Please look at the schedule carefully. Many events have been moved around or eliminated. Decade Races and/or Handicap Races will be determined by the number of entries.

Junior (JR) races OPEN to 2<sup>nd</sup> level open weight and lightweight juniors and lower. ALL novices are welcome to join us for racing!

**NO HEATS! FINALS ONLY!**

**Decade Racing System:** The following decade racing ages will be used for across-the-line finishes:

OPEN: No age restrictions	Category AA 19-26 years
Category I 27-36 years	Category IV 57-66 years
Category II 37-46 years	Category V 67-76 years
Category III 47-56 years	Category VI 77+ years

**Entry Deadline and Information:** Entries must be received by **THURSDAY, APRIL 1<sup>st</sup>**. Hand delivered or Fax copy acceptable. You may also email your entries by April 1<sup>st</sup> and call with a credit card number. If faxed or emailed, your hardcopy entries must be mailed by April 1<sup>st</sup> and must include: entries, fees and a complete roster of participants. A release waiver form must be completed and turned into Mt. Baker on or before Saturday, April 17<sup>th</sup>. An USRowing waiver form can be found at the end of this document. Tentative schedule will be posted on our web page: <http://www.seattle.gov/parks/boats/Mtbaker.htm> and emailed to the address on your entry form. A fax will be sent if no email address is included. No hard copies will be mailed.

Mail entry forms and fees to:

Mount Baker Rowing & Sailing  
3800 Lake Washington Blvd S.  
Seattle, WA 98118

Phone: (206) 386-1913  
Fax: (206) 386-1914  
[Mount.baker@seattle.gov](mailto:Mount.baker@seattle.gov)

**Entry Fees:** **\$15.00 per person**. No limit to the number of races per person. This includes regatta insurance, Seattle Parks and Recreation per person participation fee and boat entry fee.

Your entry fee and participation fees are **non-refundable**. Payment is due with your hardcopy entries. **A late fee of 50%** will be charged to the entries postmarked or received after the 1<sup>st</sup>. Entry fees will **ONLY** be refunded if an event is canceled and it is your only event for the regatta.

**Insurance:** USRowing waivers must be signed by each participant THIS SEASON. A parent or guardian must sign the USRowing waiver if the participant is under 18 years of age. Please submit these waivers before or on the morning of April 17<sup>th</sup> or race entries without waivers will not be allowed to race.

**Payment:** Check, credit card (VISA, MasterCard, and American Express) or money orders are accepted. *Make checks payable to: “Boating Advisory Council” - “BAC”. U.S. Funds please.*

**Changes and Scratch Fees:** Changes and scratches will be accepted. Please put them in writing and fax or mail to Mount Baker [FAX # 206/386-1914] by 5:00pm Wednesday, April 14<sup>th</sup>. Scratches received after Wednesday, April 14<sup>th</sup>, 5:00pm will be assessed a fee of \$10 per event. Any scratches or “no shows” occurring during the regatta will also be assessed the \$10 fee. Extenuating circumstances will be reviewed on a case by case basis.

**Regatta Hours:** Racing will start at **8:20am** with the last race at approximately 5:00pm. Racing will be scheduled with 8-10-minute intervals and a lunch break scheduled.

**Awards:** Medals will be awarded for first place, and ribbons for all second & third place crews.

**Coaches and Coxswains Meeting:** The Coaches and Coxswains Meeting will be held at Mt. Baker Rowing and Sailing Center at **7:00am**. Weather dependent, the meeting will be conducted outside near the circle in front of the restrooms. The course and final schedule will be reviewed, and our USRowing chief referee will say a few words and answer questions.

**Parking:** Trailers and vehicles with boats will be given priority parking near the facility until **7:00am, the start of the coxswain meeting**. After 7:00am, the parking lot will become available for single vehicle parking. There is additional **diagonal** parking along 43rd Ave S, Parking Lots are available south on Lake Wash. Blvd and on Genesee Ave. See parking map. **CAR-POOL!**

**Overnight Trailer Parking:** There will not be security provided at the regatta site on Friday. Overnight storage will be at your own risk. We have limited overnight parking available on Friday night at a secure location approximately 5 minutes from the regatta site. Please call to reserve your spot! The secure parking area will be by appointment only.

**Safety First:** All competitors must be competent swimmers. It is the responsibility of each competitor to check with their health care provider as to any physical limitations.

**Schedule and USRowing Release** forms will be available on our web-site: [www.seattle.gov/parks/boating/](http://www.seattle.gov/parks/boating/)

### **IMPORTANT DATES TO REMEMBER:**

**April 1:** Entry Deadline. Fax copy with Hardcopy postmarked by this date. Entries include: entry form with Masters Ages and payment. Entries received after this date will be charged 50% on the event total due.

**April 9:** The first race schedule will be available on <http://www.seattle.gov/parks/boats/Mtbaker.htm> and e-mailed and updated daily with schedule and time changes and additions. Call if you are unable to open it.

**April 14:** 5:00pm. Deadline for scratches without fees.

**April 17:** SATURDAY; Coaches and coxswain's meeting at 7:00am at Mt. Baker Rowing and Sailing Center. First RACE of the DAY; 8:20am! **TURN** in waivers before coxswain meeting.

**ENTRY DEADLINE: THURSDAY APRIL 1<sup>st</sup> !!! RACE COURSE: 1,500 METERS**

## REGATTA RULES AND DEFINITIONS:

### Some Racing Requirements:

Bow Numbers and Bow Balls are required on all boats. Please bring your own! Several sets will be available on sale at the concession booth for \$18 plus tax.  
Boats with shoes must have proper heel tie downs for quick release.  
Each team is asked to wear a single design and color shirt for racing.  
Rec Singles must have a Bow Ball securely attached on race day.  
Other racing requirements will be covered at the coaches/coxswain's meeting.

**Junior Entries:** Junior (JR) races open to 2<sup>nd</sup> level open weight juniors and lower, open to 2<sup>nd</sup> level lightweight rowers and ALL novice crews. If you have multiple entries for one event, an "A" will indicate your more experienced crew in that race, etc.

**Weigh-ins:** Weigh-ins will be on the honor system! If the weight of a crew and/or coxswain is questioned, the entire boat will be weighed-in at the bottom of the stairwell within 30 minutes of your race's completion. Any crew not meeting the weight requirement or is a 'no show' for weigh in will be disqualified from the race and not receive any awards.

**Junior Lightweight:** Maximum for women is 130 pounds. Maximum for men is 155 pounds.

**Adult Lightweight:** Maximum for women is 135 pounds. Maximum for men is 165 pounds.

**Coxswain:** A minimum weight of 110 pounds for women's races and a minimum of 120 pounds for men have and mixed events. The coxswain must provide his/her own weight to meet the minimum weight requirement. Novice events must have novice coxswains.

**Age Averaging Requirement:** All rowers must be 27 years or older by December 31, 2004. Boat ages are determined by averaging the December 31, 2004 ages of the crew members (excluding coxswain). Average ages are rounded down to the last whole year (i.e. 42.8 is considered 42 years.) AA rowers may combine with "masters" races, but all combinations shall not average higher than 36 years. The combination can average higher, but race in Division I or at age 36 if handicap rules are applied.

**AA Requirements:** Rowers between the ages of 19 and 26 years of age before 12/31/ 2004.

**Open Requirements:** Any rower, regardless of age & racing status (elite, varsity, junior, etc) is eligible to row. No handicap.

Entries received **without an average age** for the boat will not be accepted. Decades and race times are determined by boat average age.

**Mixed Boats:** A crew with half of the rowers being male and half being female. Exceptions: See Regatta Chairperson.

**2004 USRowing Rules of Boat racing** as amended will apply unless otherwise stated. USRowing referees will officiate at this regatta.

**Handicap Adjustment:** USRowing handicap adjustments will be used for any races that have more than one decade in the race.

**Adult Novice:** New to rowing as of January 2003, including coxswain.

**Junior Novice:** New to rowing as of June 2003 – including coxswain.

**Rec Single:** Boats less than 24' in length and wider than racing singles. Must have a bow ball.

# 2004 SEATTLE SPRINTS

## Entry Summary Form-please print

Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_  
City State Zip

Phone: (day) (\_\_\_\_) (eve) (\_\_\_\_) Fax: (\_\_\_\_) \_\_\_\_\_

Email Address: \_\_\_\_\_

\*\* The second mailing will be faxed or emailed to you. Please call if you haven't received it by Friday, April 9<sup>th</sup>.

\_\_\_\_\_ # of all PARTICIPANTS x \$15.00 = \$ \_\_\_\_\_

(Includes regatta insurance, Park fees, entry fees)

\_\_\_\_\_ # of Bow number kits (1-9) x \$20/set \$ \_\_\_\_\_

(reserve your set)

TOTAL AMOUNT DUE: \$ \_\_\_\_\_

(Make checks payable to **Boating Advisory Council - BAC**)

**Credit Card Payment:** Circle One: Visa Master Card American Express

Card Number #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name that appears on the Card: \_\_\_\_\_

**Mail Entries to:** Seattle Sprints  
Mount Baker Rowing & Sailing Center 206/386-1913  
3800 Lake Washington Blvd S. FAX 206/386-1914  
Seattle, WA 98118

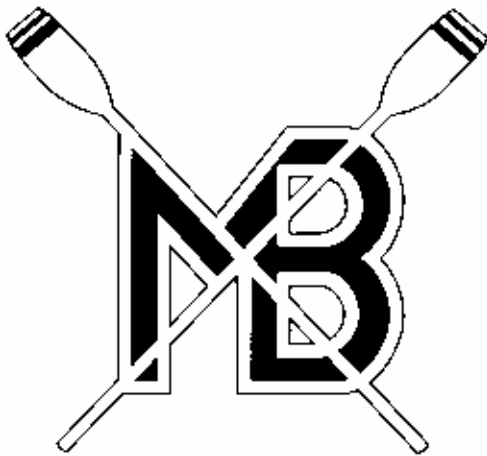
**Or FAX** (with credit card info.) to: **(206) 386-1914**

If you are faxing your entries, your hardcopy, USRowing waivers and entry fees must be postmarked by April 4th. All late entries will be charged a 50% surcharge.

**Thanks to our host and sponsors:**



CityWide Aquatics Division, Small Craft Center



Mt. Baker Rowing and Sailing Center

**And all our VOLUNTEERS**

## Release of Liability

**ALL USROWING MEMBERS MUST read, sign and submit the Annual Release of Liability form. Failure to do so may invalidate your membership. When registering online, you MUST sign the Annual Release of Liability document and forward to USRowing by mail at: USRowing at 201 S. Capitol Ave, Ste. 400, Indianapolis, IN 46225 or Fax to 317-237-5646**

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

**Printed Name of Participant/USRowing #:**

\_\_\_\_\_ # \_\_\_\_\_

**Address:** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Participant's Signature:**

\_\_\_\_\_

**Parental Consent (if participant is under the age of 18).**

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

**Printed Name of Parent/Guardian:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature (only if participant is under the age of 18):**